

Hip To Be Square

拍數: 44 牆數: 2 級數: Improver social cha
編舞者: Unknown
音樂: I'm Not Running Anymore - John Mellencamp



ROCK STEP, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

1-2 (Weight starts on left foot) rock right forward, recover left
3&4 Right shuffle back (right-left-right)
5-6 Rock left back, recover right
7&8 Left shuffle forward (left-right-left)

SHUFFLE SQUARE

1&2 Right side shuffle (right-left-right)
3&4 ¼ turn left on ball of right foot to face 9:00, then side shuffle (left-right-left)
5&6 ¼ turn left on ball of left foot to face 6:00, then side shuffle (right-left-right)
7&8 ¼ turn left on ball of right foot to face 3:00, then side shuffle (left-right-left)

CROSS ROCK, SHUFFLE ½ TURN, ROCK STEP, SHUFFLE ½ TURN

1-2 Cross rock right foot ¼ turn left over left foot so you face starting wall (12:00), recover left
3&4 Shuffle ½ turn right (right-left-right) (now facing 6:00)
5-6 Left rock forward, recover right
7&8 Shuffle ½ turn left (left-right-left) now back to starting wall (12:00)

½ PIVOT, RUN FORWARD, JUMP FORWARD, CLAP, JUMP BACK, CLAP

1-2 Right step forward, pivot ½ turn left (weight now on left and facing 6:00)
3&4 Run forward, small steps (right-left-right)
&5-6 Jump forward on left foot, touch right foot next to left foot, clap
&7-8 Jump back on right foot, step left foot next to right foot, clap

HANDS ON HIPS, HIP BUMPS

1-2 Slap right hand on right hip, slap left hand on left hip
3-4 Bump hips twice to the left, weight is should now be on left foot and take hands off of hips

MONTEREY TURNS

1-2 Point right toe to right side, ½ turn to the right on ball of left foot as you bring right foot in and step right foot next to left foot
3-4 Point left toe to left side, step left foot beside right foot
5-6 Point right toe to right side, ½ turn to the right on ball of left foot as you bring right foot in and step right foot next to left foot
7-8 Point left toe to left side, step left foot beside right foot

REPEAT
